The Waltz

BY

Prof. Charles J. Frank

Professor Charles J. Frank

The Waltz

Volume One

Philadelphia, Pa., U. S. A.

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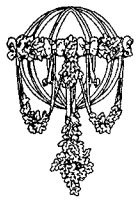

This book is dedicated to those who enjoy Dancing and wish to dance the New Dances more properly and gracefully, and also to those who know nothing at all about the Modern Dances.

Professor Charles J. Frank

Originator of many of the new Dances and Steps

Studio of

Professor Charles J. Frank

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BEACON DANCING ACADEMY
1127 Chestnut Street
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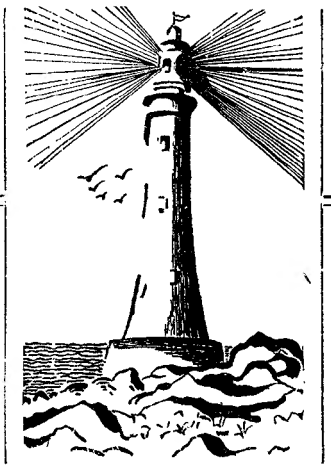

THE BEACON

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Prof. Charles J. Frank's Conservatoir of Dances
288 Grove Street, Brooklyn, N. Y.

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The Waltz

Volume One

The Waltz

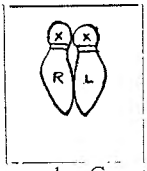
PRACTICE VERY SLOWLY

Time 3/4 Slow Time

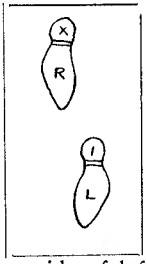
A Exercises preparatory to the waltz

Exercise No. 1:

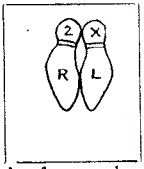
a. Stand at one end of room, feet together, toe to toe and heel to heel.



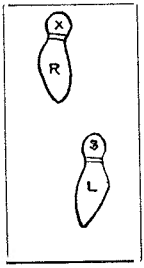
b. Slide left foot forward. Count 1.



c. Slide right foot alongside of left. Count 2.



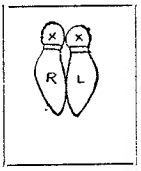
d. Slide left foot again forward. Count 3.



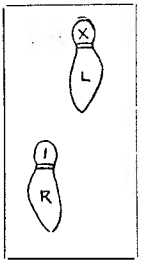
e. Repeat a, b, c and d 20 times until it can be done accurately.

Exercise No. 2:

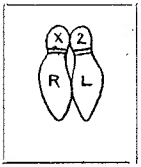
a. Stand at one end of room, feet together, toe to toe and heel to heel.



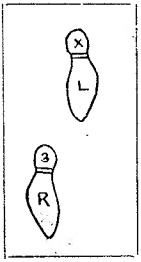
b. Slide right foot forward. Count 1.



c. Slide left foot alongside of right. Count 2.



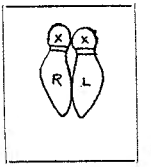
d. Slide right foot again forward. Count 3.



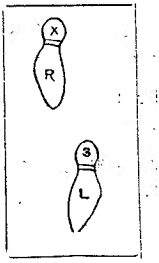
e. Repeat a, b, c and d 20 times until it can be done accurately.

Exercise No. 3. Combine Exercises No. 1 and No. 2:

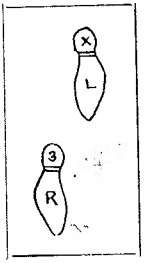
a. Stand at one end of room, feet together, toe to toe and heel to heel.



b. Do Exercise No. 1, a, b, c and d once—left foot should now be forward. Counted 1-2-3.



c. Retaining the feet in that position, start Exercise No. 2, b, c and d—right foot should now be forward. Counted 1-2-3.



d. Do Exercise No. 1 again from that position, b, c and d—left foot should now be forward. Do Exercise No. 2 again from that position, b, c and d—right foot should now be forward. Repeat Exercise No. 3 over and over until thoroughly understood. Practice this much and no more. After you have mastered this, continue down the entire length of room.

Exercise No. 4:

a. Proceed in the same method as in

Exercise No. 1
Exercise No. 2
Exercise No. 3

only go backward instead of forward. Start backward beginning with the left foot on count 1. This is the foundation of the waltz movement and must be understood and done accurately by the student before progressing further in these lessons.

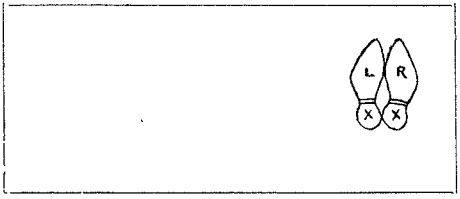
The Beginning of the Waltz Dance—Assembled.

PRACTICE VERY SLOWLY

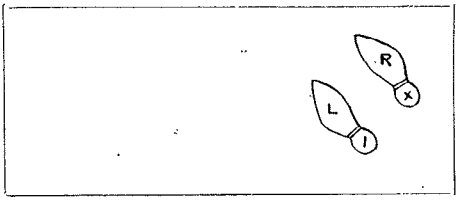
Time 3/4 Slow Time.

Lesson No. 1 *THE LEFT ANGLE MOVEMENT.*

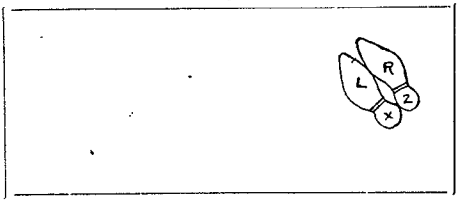
a. Stand facing side wall at one end of the room, feet together, toe to toe and heel to heel.



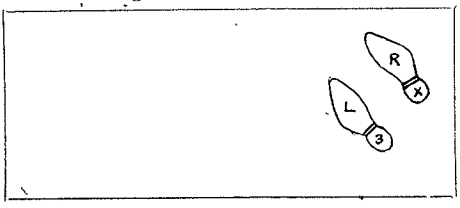
b. Slide left foot slant or at an angle backward—not straight backward. Count 1.



c. Slide right foot up to left foot—*feet must always touch on Count 2 in the waltz. Never move the same foot twice in succession in any dance.* Count 2.



d. Slide left foot again slant backward. Count 3.



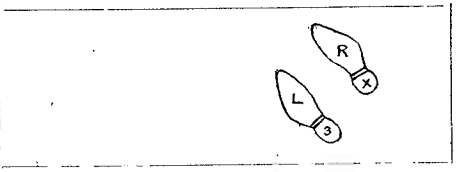
e. Completion of left angle movement. Count 1-2-3—or 3 steps.

Lesson No. 2. *THE LEFT TURN.*

From now on a thorough knowledge of turning to left and right must be clear in your mind. This we must assume you have acquired in the school, army, navy or elsewhere. For your information, however, I will say that you are turning to the left when your left shoulder moves in a backward direction and that you are turning to the right when your right shoulder goes in a backward direction.

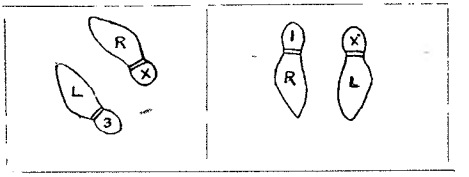
Turn No. 1:

a. Retain last position, Count No. 3 of the left angle movement.

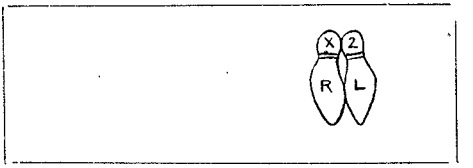


b. Place weight on ball of left foot. Pivot on left foot swinging right foot around to left.

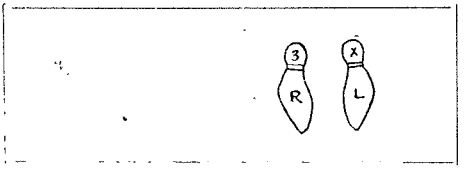
L. Pos. C No. 3 L A M F Pos. C No. 1 L T. No. 1



c. Back should now be toward side wall and feet apart. See dia. above. Count 1.



d. Slide left foot up to right foot—feet together. Count 2.



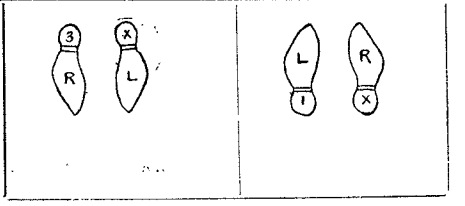
e. Slide right foot over to right side—feet apart. Count 3.

f. This is Turn No. 1 or the first three of the left turn. Back should be to wall during entire Turn No. 1 or the first three of the left turn.

Turn No. 2:

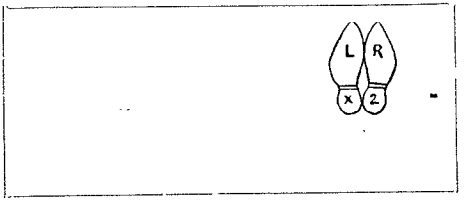
a. Place weight on ball of right foot. Pivot on ball of right foot swinging left foot around toward left. Count 1.

L. Pos. C No. 3 Turn No. 1 F. Pos. C No. 1 Turn No. 2

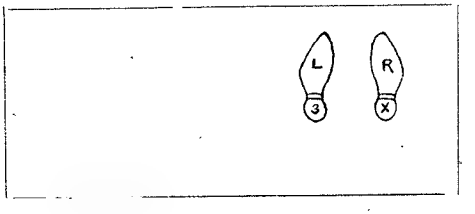


b. You should now be facing the wall feet apart. See diagram above.

c. Slide right foot up to left foot—feet together. Count 2.



d. Slide left foot over to left side—feet apart. Count 3.

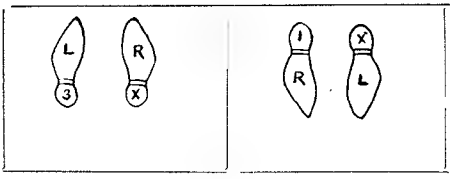


e. This is Turn No. 2, or the second three of the left turn. You should be facing the wall during entire Turn No. 2, or the second three of the left turn.

Turn No. 3:

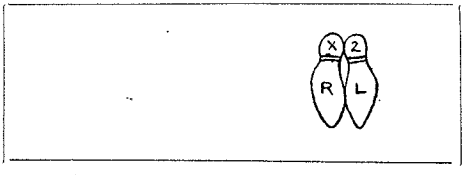
a. Place weight on ball of left foot. Pivot on ball of left foot swinging right foot around toward left. Count 1.

L. Pos. C No. 3 Turn No. 2 F. Pos. C No. 1 Turn No. 3

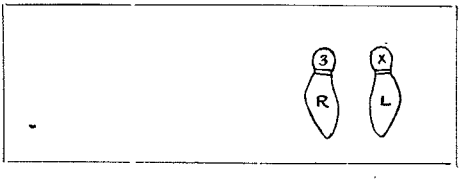


b. Your back should now be toward side wall and feet apart. See diagram above.

c. Slide left foot up to right foot—feet together. Count 2.

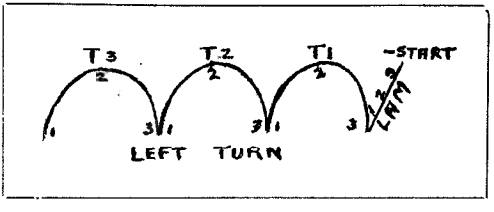


d. Slide right foot over to right side—feet apart. Count 3.



e. This is Turn No. 3, or the third three of the left turn. Back should be to wall during entire Turn No. 3, or the third three of the left turn.

f. So far you have done this:

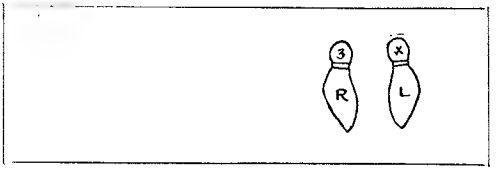


g. Completion of left turn 3 threes or 9 steps—three turns. Counted 1-2-3, 1-2-3, 1-2-3.

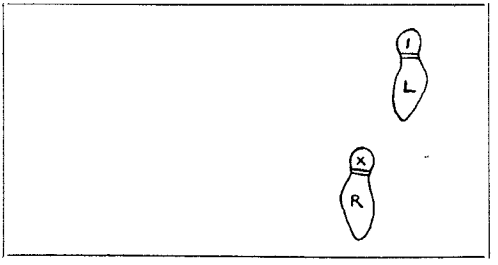
Lesson No. 3. *THE LEFT BACK STEP.*

a. Inasmuch as you have moved the right foot last, you must move the left foot next.

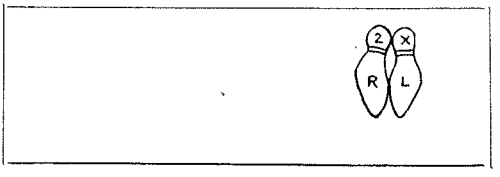
b. On last position of the left turn your back should be to the wall and feet apart.



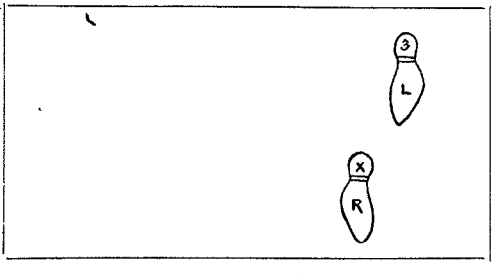
c. Slide left foot straight backward—feet apart. Count 1.



d. Slide right foot back to left—feet together. Count 2.



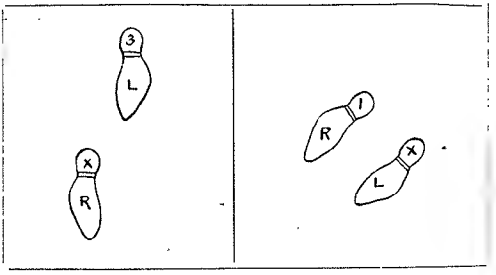
e. Slide left foot again straight backward—feet apart. Count 3.



f. Completion of left back step, 1 three or 3 steps. Counted 1-2-3.

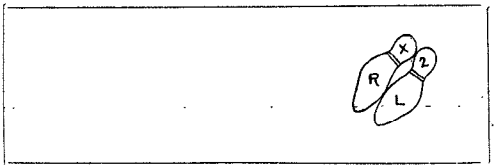
Lesson No. 4. *THE RIGHT ANGLE MOVEMENT.*

a. Retain last position left back step, then move right foot, slant or at an angle backward. Count 1.

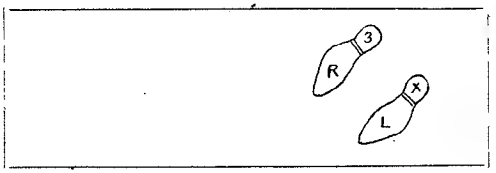


b. Your back should now be partly toward wall—feet apart. See diagram above.

c. Slide left foot up to right foot—feet together. Count 2.

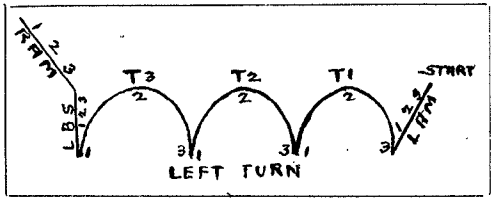


d. Slide right foot over to right and slant backward. Count 3.



e. Completion of right angle movement, 1 three or 3 steps.

f. So far you have done this:

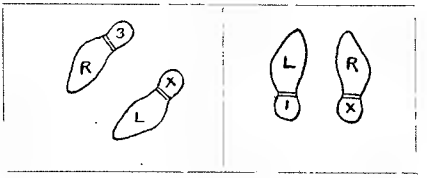


Lesson No. 5. *THE RIGHT TURN.*

Turn No. 1.

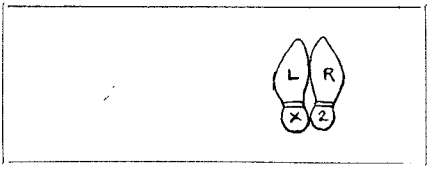
a. Retain right angle movement position. Place weight on ball of right foot, swing left foot around toward right. Count 1.

L. Pos. C No. 3 R A M F. Pos. C No. 1 Turn No. 1

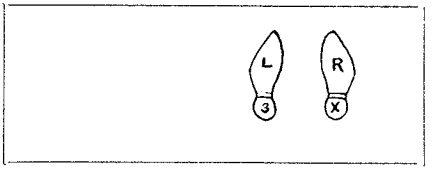


b. Face should now be toward sidewall, feet apart. See diagram above.

c. Slide right foot up to left foot—together. Count 2.



d. Slide left foot over to left side—feet apart. Count 3.

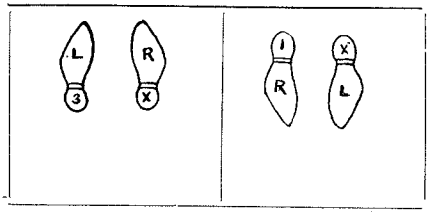


e. This is Turn No. 1 or the first three of the right turn. You should be facing the wall during entire Turn No. 1 or the first three of the right turn.

Turn. No. 2.

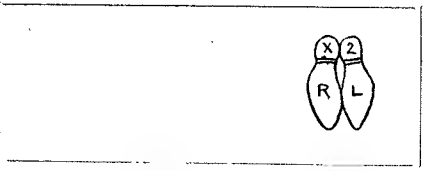
a. Place weight on ball of left foot and swing right foot around toward right. Count 1.

L. Pos C No, 3 Turn No. 1 F. Pos. C No, 1 Turn No. 1

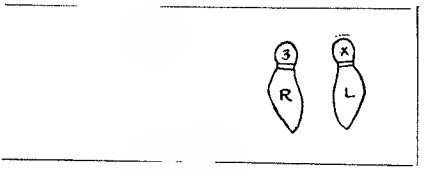


b. Back should now be toward sidewall, feet apart. See diagram above.

c. Slide left foot up to right foot—feet together. Count 2.



d. Slide right foot over to right side—feet apart. Count 3.

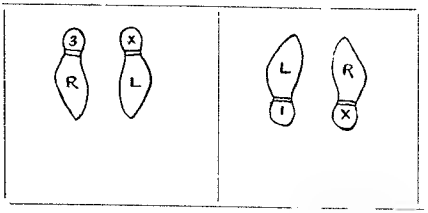


e. This is Turn No. 2 or the second three of the right turn. Back should be to side wall during entire Turn No. 2 or the second three of the right turn.

Turn No. 3.

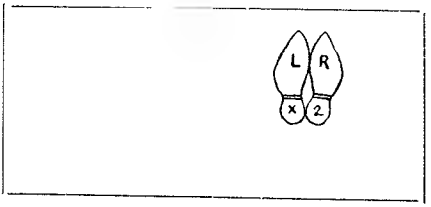
a. Place weight on ball of right foot. Swing left foot around to right—feet apart. Count 1.

L. Pos. C No. 3 Turn No. 2 F Pos. C No. 1 Turn No. 3

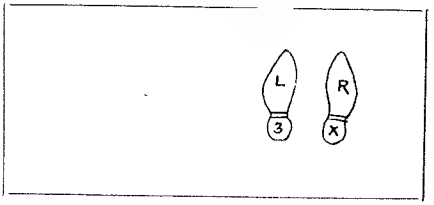


b. Face should now be toward side wall—feet apart. See diagram above.

c. Slide right foot up to left foot—feet together. Count 2.



d. Slide left foot to left side—feet apart. Count 3.



e. This is Turn No. 3 or the third three of the right turn. You should be facing the wall during entire Turn No. 3 or the third three of the right turn.

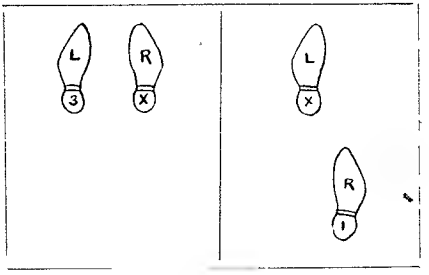
f. Completion of right turn, 3 threes or 9 steps—three turns. Counted 1-2-3, 1-2-3, 1-2-3.

Lesson No. 6. *THE RIGHT BACK STEP.*

a. Inasmuch as you have moved the left foot last, you must move the right foot next.

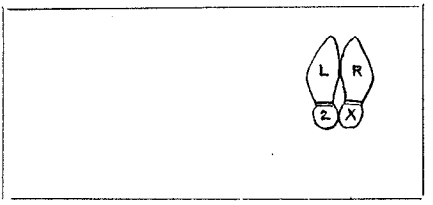
b. On last position of the right turn you should be facing the wall and feet apart.

L Pos. C No. 3 Turn No. 3 F. Pos. C No. 1 R B S

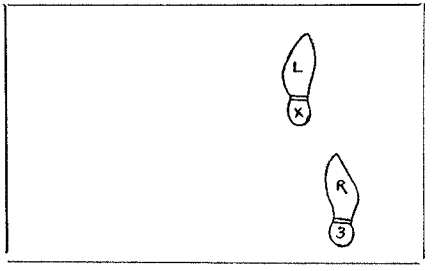


c. Slide the right foot straight backward—feet apart. Count 1. See diagram above.

d. Slide left foot back to right—feet together. Count 2.



e. Slide right foot again straight backward—feet apart. Count 3.



f. Completion of right back step, 1 three or 3 steps. Counted 1-2-3.

Lesson No. 7.

REPEAT THE LEFT ANGLE MOVEMENT.

a. Retain right back step position. Start sliding left foot slant backward, beginning Lesson No. 1, left angle movement again.

b. Repeat all the steps over and over again in the order given, always beginning with the left angle movement, after you have completed the right back step.

Remarks:—This is the waltz in its entirety. Those wishing to be accurate should follow these movements in rotation. It is not necessary to do this as long as the 1-2-3 step is always done and the dancer turns sometimes to the left and sometimes to the right. This method of doing the waltz is just as it should be danced in a prize waltz contest and is merely given to the student to teach him to turn around in both directions. It is not essential to do this routine to be a good dancer.

Study all lessons very slowly—work out and understand one lesson thoroughly before proceeding to the next.

The entire waltz is as follows:

1. Left Angle Movement.
2. Left Turn.
3. Left Back Step.
4. Right Angle Movement.
5. Right Turn.
6. Right Back Step.
7. Repeat Left Angle Movement, et cetera.

FINIS

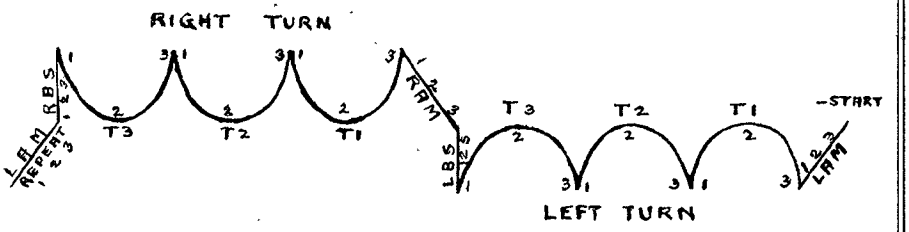


Diagram of

Entire Operation of Waltz

The Fox Trot

BY

Charles J. Frank

THE FOX TROT *Vol. II*

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CHARLES J. FRANK'S
School of Modern Dancing

1127 CHESTNUT ST. PHILADELPHIA, PA. U. S. A.

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NOV 14 1922

This book is dedicated to those who enjoy Dancing and wish to dance the New Dances more properly and gracefully, and also to those who know nothing at all about the Modern Dances.

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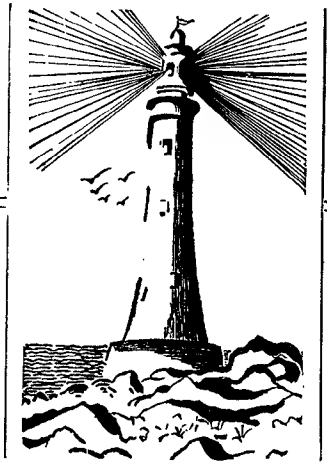

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The Fox Trot

Volume Two

The Fox Trot

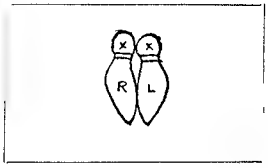
PRACTICE VERY SLOWLY

Time ¼ Faster than Waltz
Slower Than Onestep

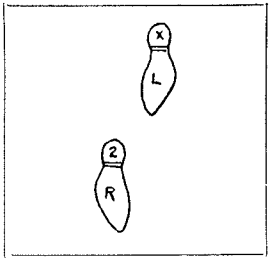
A. Exercises preparatory to Foxtrot

Exercise No. 1—The Change Step.

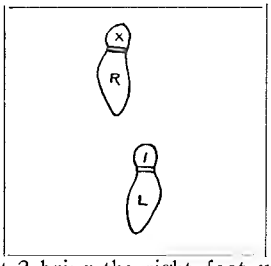
a. Stand at one end of the room, feet together, toe to toe and heel to heel.



b. Walk two steps forward, beginning with the left foot, counting 1-2, sliding your feet on the floor. The right foot should now be forward.



c. Next do a waltz step, starting with the left foot, counting 1-2-3. On Count 1—left foot should be one step ahead of right.



d. On Count 2 bring the right foot up to the left and on Count 3 move the left foot again forward.

e. So far you have done two walking steps and a waltz step. This should leave the left foot forward.

f. The next step you do is a point or position step, accomplished by simply placing the right foot ahead of the left and say "point" or "position" as you take the step. *You must count the complete change step exactly as follows and in no other way.*

1-2—Two walking steps beginning with the left foot.
1-2-3 One waltz step beginning with the left foot.
Point—One step forward with the right foot.

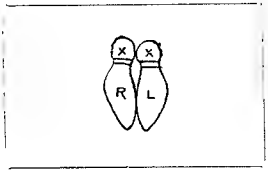
g. After you have done the point step the right foot will be forward. Start a second change step from that position by doing two walking steps beginning with the left foot. After each point step start another complete change step until you have done five, ending with the point step. Practice this until you can count and do this step without error. Counted

1-2 1-2-3 Point 1-2 1-2-3 Point 1-2 1-2-3 Point
1-2 1-2-3 Point 1-2 1-2-3 Point

Exercise No. 2—The Double Drag.

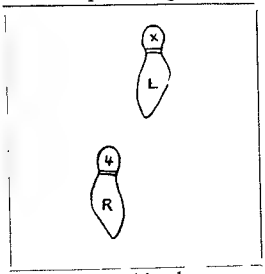
1—First part of the double drag.

a. Stand at one end of the room, feet together, toe to toe and heel to heel



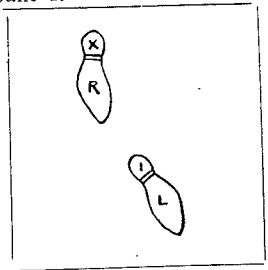
b. Walk forward four steps sliding your feet on the floor, starting with the left foot. Counted 1-2-3-4.

c. On the fourth step the right foot should be forward.

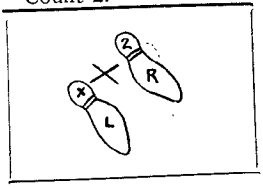


2—Second part of the double drag.

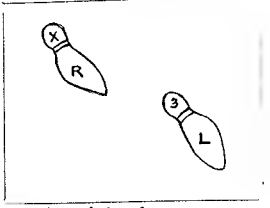
a. Step forward and a little to the left with the left foot. Count 1.



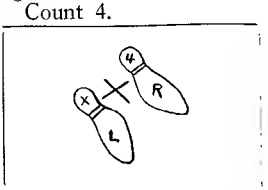
b. Next drag the right foot across and in back of the left foot. Count 2.



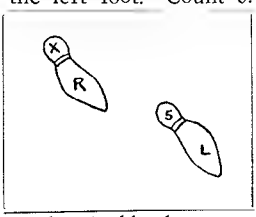
c. Again take another step forward and a little to the left side with the left foot. Count 3.



d. Again drag the right foot across and in back of the left foot. Count 4.



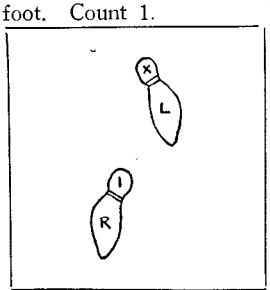
e. Take another step forward and a little to the left side with the left foot. Count 5.



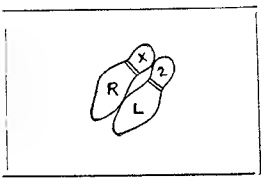
3—Third part of the double drag.

a. Do a waltz step slant forward to the right beginning with the right foot. Explained below.

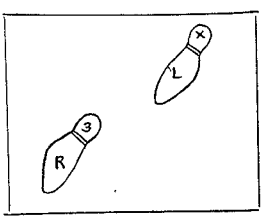
b. On the fifth step of the second part of the double drag the left foot should be forward. The waltz step mentioned above is accomplished by moving the right foot slant forward to the right and ahead of the left foot. Count 1.



c. Count 2, move the left foot up to the right.



d. Count 3, move the right foot again, slant forward to the right. This is the complete double drag.



e. After you have done one complete double drag the right foot should be forward. Repeat by starting again with the four walking steps.

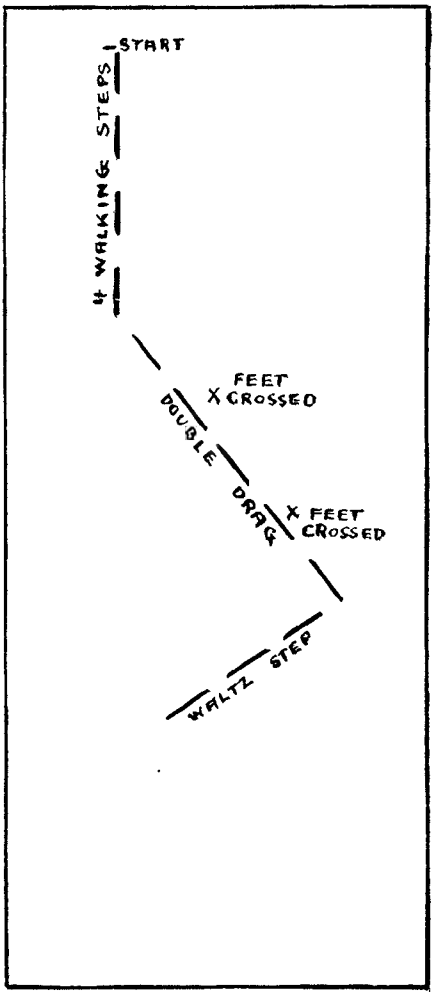
f. A complete double drag is counted exactly as follows and no other way.

1 2-3-4—Four walking steps straight forward and beginning with the left foot.

1-2-3-4-5—Two drags slant forward to left, beginning with the left foot.

1-2-3—Waltz step slant forward to right, beginning with the right foot.

g. Diagram of a complete double drag as follows:

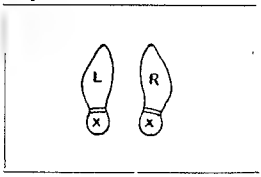


Remarks:—After you can do the above, learn to do two double drags and after the second complete double drag walk forward four steps beginning with the left foot and ending the four walking steps with the right. In other words, do only 2⅓ double drags. The count of which is as follows:

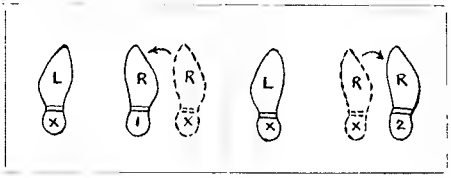
1-2-3-4 1-2-3-4-5 1-2-3; 1-2-3-4 1-2-3-4-5 1-2 3; 1-2-3 4.

Exercise No. 3—The Toddle.

a. Stand facing the side wall at one end of the room, feet wide apart.

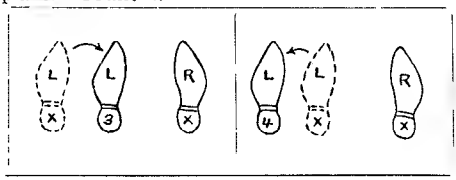


b. Lift the right foot off the floor, bring it half way in toward the left foot (do not touch the left foot), tap the toe of the right foot on the floor. Count 1. Lift it and place the right foot back in its original position, tapping it on the floor as it takes its former place. Count 2.



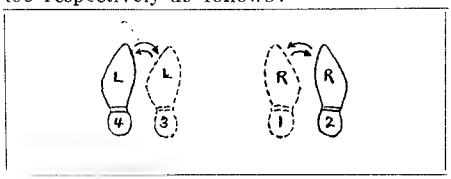
First Pos. Second Pos.

c. Lift the left foot off the floor, bring it half way toward the right foot (do not touch the right foot), tap the toe of the left foot on the floor. Count 3. Lift it and place the left foot back in its original position, tapping it on the floor as it takes its former place. Count 4.



Third Pos. Fourth Pos.

d. In other words, on Count 1 and 3 the taps on the floor are inward with the right and left toe respectively, and on the 2 and 4 outward with the right and left toe respectively as follows:



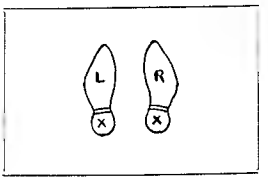
1-2-3-4 Pos. Toddle

e. After Count 4, repeat, starting with the right foot again. Counted 1-2-3-4. Repeat over and over again.

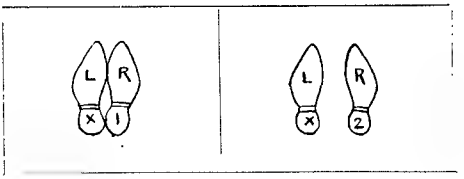
f. After you have mastered this, perform the same exercise, counting 1-2-3-4, but while doing so, *gradually turn around in a circle to the right on the same spot until you have made two complete revolutions.* The toddle starts with the right foot on Count 1 and ends with the left foot on Count 4.

Exercise No. 4—The Shuffle.

a. Stand facing the side wall at one end of the room, feet wide apart.

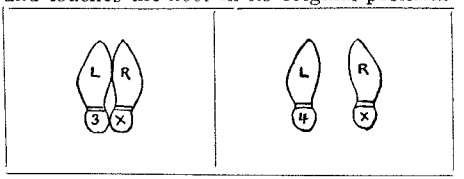


b. Swing the right foot off the floor, bringing it all the way over to touch the left foot, without touching the floor. Count 1. Swing back again to its original position and place it on the floor. Count 2. The right foot does not touch the floor on Count 1. It simply touches the left foot and swings back again and touches the floor in its original position on Count 2.



First Pos. Second Pos.

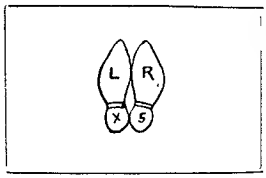
c. Swing the left foot off the floor, bringing it all the way over to touch the right foot without touching the floor. Count 3. Swing it back again to its original position and place it on the floor. Count 4. The left foot does not touch the floor on Count 3. It simply touches the right foot, swings back again and touches the floor in its original position. Count 4.



Third Pos. Fourth Pos.

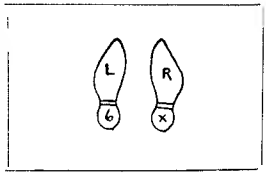
d. In other words, feet should be apart when starting. You begin with the right foot, swinging first in with the right foot on Count 1, out with the right foot on Count 2, in with the left on Count 3, and out with the left on Count 4.

e. But that is not all of the shuffle. The feet are apart on Count 4 and inasmuch as you moved the left foot last you must move the right foot next, so move the right foot over to the left. Count 5—both feet together on the floor.



Fifth Pos.

f. Place your weight on the right foot and move the left foot one step straight to the left side. Count 6 —feet apart

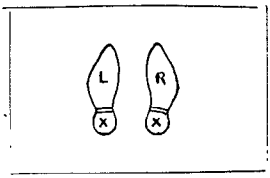


Sixth Pos.

g. On Count 6 the feet are apart and you are ready to do another shuffle. Practice this until you can do accurately six shuffles in a row *going sideways down the room.* Counted:

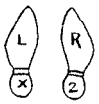
1-2-3-4-5-6 1-2-3-4-5-6 1-2-3-4-5-6 1-2-3-4-5-6
1-2-3-4-5-6 1-2-3-4-5-6

Start of the shuffle. Feet apart facing the side wall.

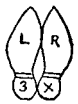


Count 1—Right foot touching the left foot.
Right foot off the floor.

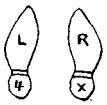
Count 2—Right foot back in original position.
Both feet on the floor.



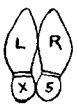
Count 3—Left foot touching the right foot.
Left foot off the floor.



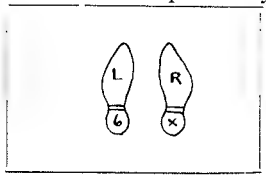
Count 4—Left foot back in original position.
Both feet on the floor.



Count 5—Right foot moves over to the left, touching it and remains there on the floor. The feet are now together.

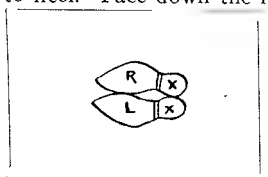


Count 6—Left foot moves one step sideways to the left.

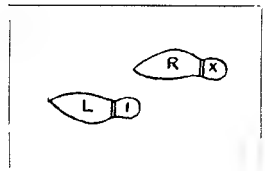


Exercise No. 5—The Cat Step.

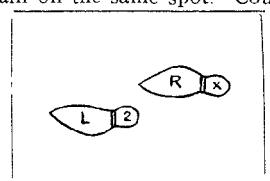
a. Stand with feet together facing forward, toe to toe and heel to heel. Face down the room.



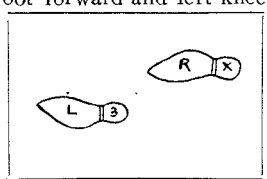
b. Take one step forward with the left foot, tapping the left foot on the floor. Count 1.



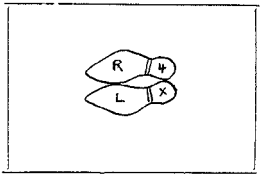
c. Lift the left toe an inch or two from the floor and tap it again on the same spot. Count 2.



d. The left foot is still forward, from this position take a half step forward with the left foot, bending the left knee, but keeping the right knee fairly straight. Count 3. You are now in a charging position with the left foot forward and left knee bent.



e. Next bring the right foot up to the left and as you do, come up straight. Count 4. You are again in a starting position. Count 1-2-3-4 to perform the entire cat step.



f. Do the cat step 4 times, starting with the feet together going down the room facing forward. Counted
1-2-3-4 1-2-3-4 1-2-3-4 1-2-3-4

Start of cat step. Feet together facing down room.

Count 1 and 2—Two taps with the left foot forward.

Count 3—A half step forward at the same time bending the left knee.

Count 4—Right foot slides up to the left, both feet together.

The Beginning of the Foxtrot Dance—Assembled

PRACTICE VERY SLOWLY

Time ¼ Faster Than Waltz
Slower Than Onestep

LESSON No. 1—THE CHANGE STEP.

a. Stand at one end of the room, feet together, toe to toe and heel to heel.

b. Walk forward two steps, beginning with the left foot.

c. Then do a waltz step, beginning with the left foot.

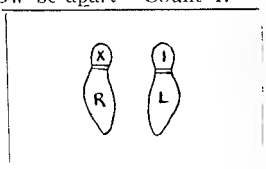
d. Do the point step with the right foot forward.

e. Repeat until you have done 5 complete change steps, ending with the point step.

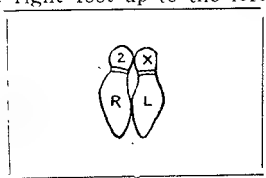
f. The right foot should now be forward.

LESSON No. 2—TWO SIDE WALTZ STEPS.

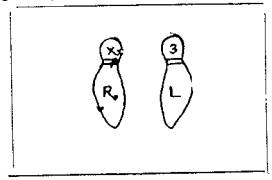
1. First side waltz step.
   a. To go from the change step to the double drag, the dancer must take two side waltz steps.
   b. Take one step with the left foot to the left side and a little forward, following the point step. Feet should now be apart Count 1.



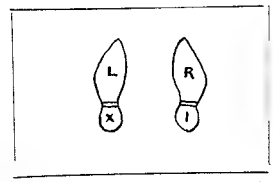
   c. Move the right foot up to the left foot. Count 2.



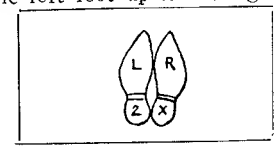
   d. Move the left foot to the left side. Count 3.



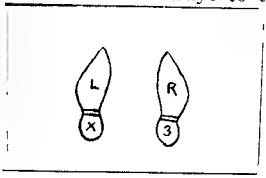
2. Second side waltz step.
   a. Stand on the ball of the left foot, turn half way around toward the right—feet apart. Count 1. You should now be facing the opposite way or up the room.



   b. Move the left foot up to the right foot. Count 2.



c. Move the right foot sideways to the right. Count 3.



d. You are now in position to start up the room, but not until you have done 2 waltz steps. Counted 1-2-3, 1-2-3.

LESSON No. 3—THE DOUBLE DRAG

a. Walk forward 4 steps, starting with the left foot. Counted 1-2-3-4.

b. Do a double drag slant forward to the left and starting with the left foot. Counted 1-2-3-4-5.

c. Next do a waltz step slant forward to the right, starting with the right foot. Counted 1-2-3.

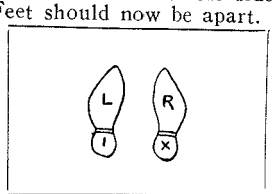
d. Repeat another complete double drag.

e. Repeat another ⅓ double drag by walking forward only 4 steps, starting with the left foot. This should leave the right foot forward.

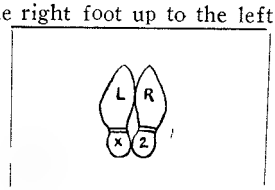
LESSON No. 4—THREE SIDE WALTZ STEPS

1. First side waltz step.

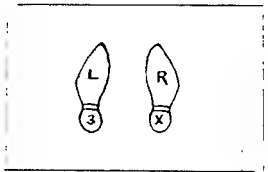
a. From the last position mentioned above take one step with the left foot to the left side and a little forward. Feet should now be apart. Count 1.



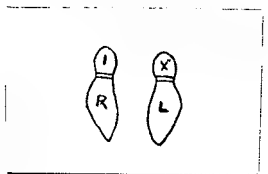
b. Move the right foot up to the left foot. Count 2.



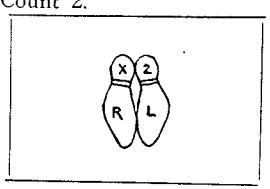
c. Move the left foot over to the left side. Count 3.



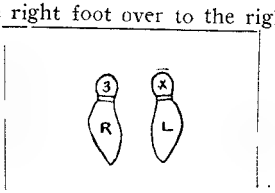
2. Second side waltz step.
   a. Stand on ball of the left foot, swing right foot half way around toward the right—feet apart. Count 1. You should now be facing the same direction as when you started your dance



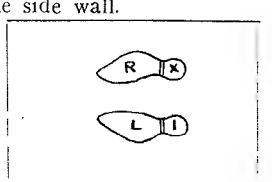
   b. Move the left foot over to the right foot—feet together. Count 2.



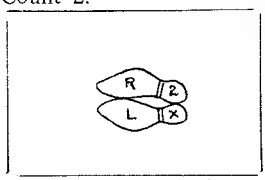
   c. Move the right foot over to the right side. Count 3.



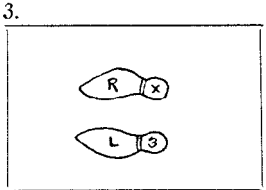
3. Third side waltz step.
   a. Stand on ball of the right foot, do a quarter turn toward the right—feet apart. You should now be facing the side wall.



b. Move the right foot up to the left foot—feet together. Count 2.



c. Move the left foot over to the left side—feet apart. Count 3.



LESSON No. 5—THE TODDLE.

a. After the three waltz steps, your feet are apart and you are ready to start the toddle, beginning with the right foot, turning twice around on the same spot. Start facing the side wall and end facing the side wall on Count 4 with the left foot. Always count 1-2-3-4 throughout the entire step.

LESSON No. 6—THE SHUFFLE.

a. Still facing the side wall and dancing sideways, start the shuffle, beginning with the right foot. Counted 1-2-3-4-5-6. This is done directly after completing the toddle on Count 4.
b. Do the shuffle six times down the room.
c. On the sixth shuffle and sixth count the feet should be apart and you should be facing the side wall. From this position take one extra step by moving the right foot up to the left, bringing feet together. Count 7.

LESSON No. 7—THE CAT STEP.

a. In the cat step your partner dances at your right side and not in front of you as in the other steps.
b. When the feet are together on the sixth shuffle, count 7; you are ready to start the cat step.
c. Take one step forward with the left foot and tap the left toe on the floor twice. Counted 1-2.
d. Take a half step forward with the left foot and bend left knee. Count 3.
e. Draw the right foot up to the left. Count 4.

f. Do the cat step four times.
g. At the end of the fourth cat step the feet are together and you are standing straight. Break out of this by doing two side waltzes just as you did after the change step.
h. This ends the foxtrot and you are at the opposite end of the room from where you started your dance.
i. Start your dance again from where you are, this time doing the change step up the room and following the order of your steps according to the routine given. After you understand and can count them correctly you may mix the steps at will.

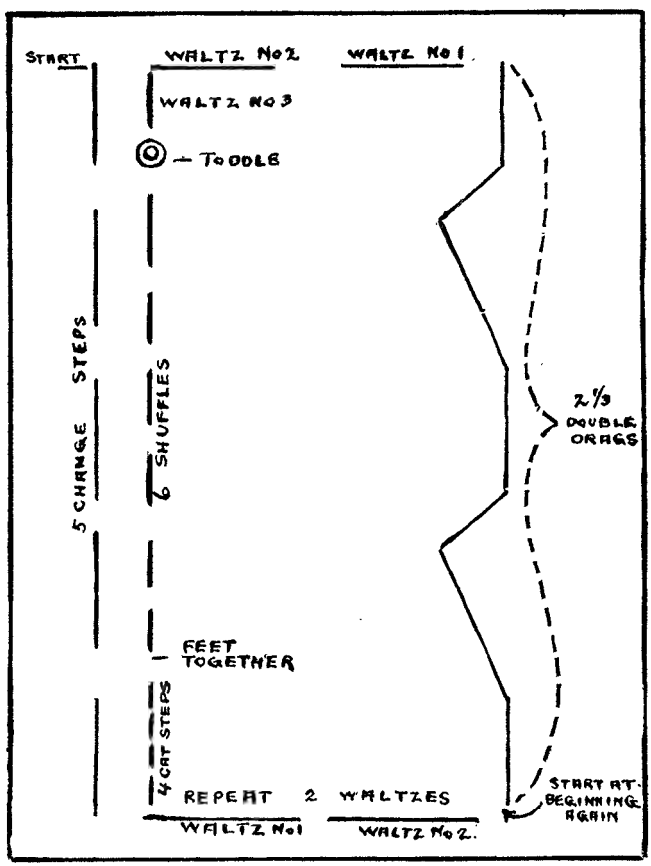
Remarks:

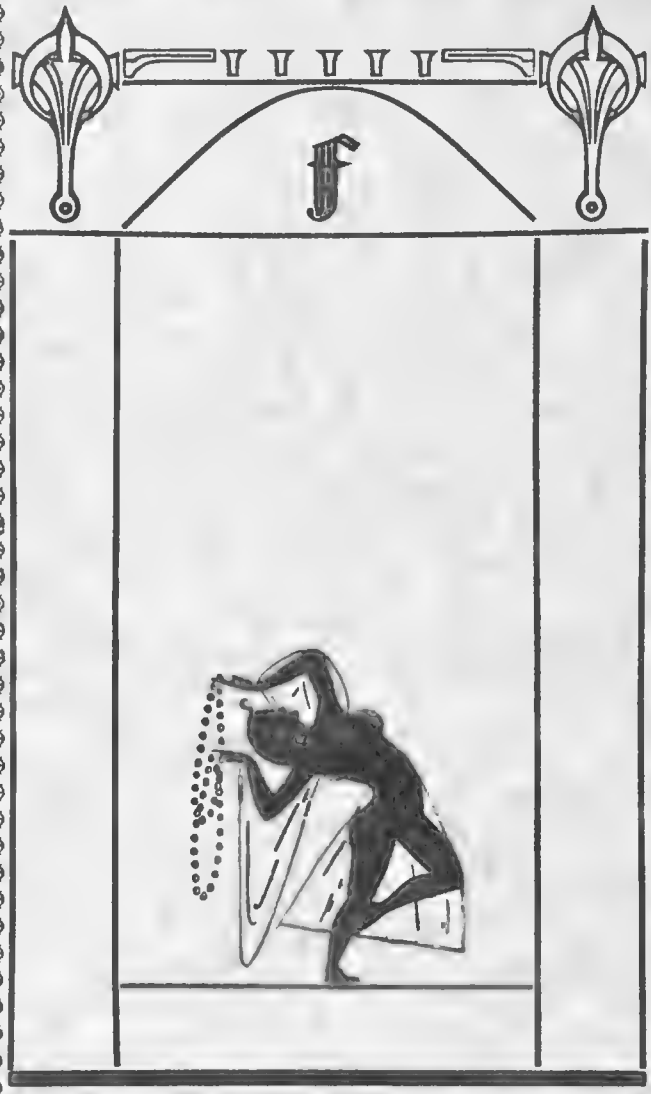
The student is advised to adhere strictly to the routine herein given, though after he has learned to lead and can do and count the various steps correctly, he may dance them in whatever order he chooses.

The entire foxtrot is as follows:
1—Five change steps.
2—Two waltz steps.
3—Two and one-third double drags.
4—Three waltz steps.
5—Toddle.
6—Six shuffles.
7—Four cat steps.
8—Two waltz steps.
9—Repeat five change steps.

Finis

Diagram of
Entire Operation of Fox Trot





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MODERN BALL ROOM DANCING

THE BEACON ACADEMY

CHARLES J. FRANK'S
School of Modern Dancing

1215 WALNUT ST. PHILADELPHIA. PA. U. S. A.

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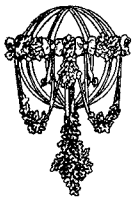

This book is dedicated to those who enjoy Dancing and wish to dance the New Dances more properly and gracefully, and also to those who know nothing at all about the Modern Dances.

Charles J. Frank

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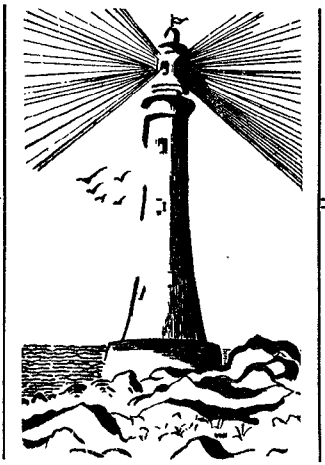

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The One Step

Volume Three

The Onestep

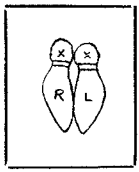
PRACTICE VERY SLOWLY

TIME 2/4 MEDIUM OR MARCH TIME

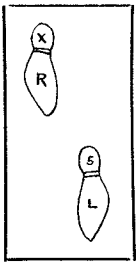
A. Preparatory exercises—One-step.

Exercise No. 1—The Drag.

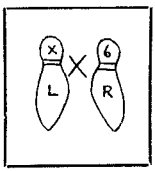
a. Stand at one end of the room, feet together, toe to toe, and heel to heel.



b. Walk forward five steps, beginning with the *left foot,* sliding feet on the floor. Left foot should be forward on Count 5.



c. Next cross the right foot in back of the left foot. *Feet should be well apart when crossed. Count 6.*

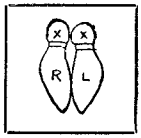


d. From this position begin again with the left foot. Walk forward five steps, sliding the feet on the floor, crossing the right foot in back of left on Count 6.

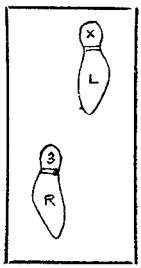
e Repeat exercise (d) again. Continue down the entire length of room. It takes six counts each time to do the drag step. Counted 1-2-3-4-5-6.

Exercise No. 2—The Right Turn.

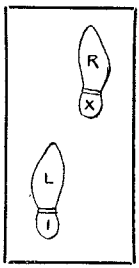
a. Stand at one end of room, feet together, toe to toe, and heel to heel.



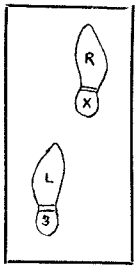
b. Walk forward 3 steps, beginning with the *right foot.* Right foot should be forward on Count 3.



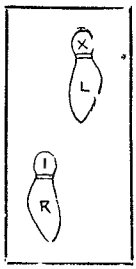
c. Retain the above position, stand on ball of *right foot, turn half way around to the right, bringing the left foot in back of the right.* Call this Count 1. You are now facing the opposite end of the room.



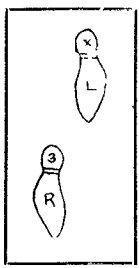
d. Next walk backward two steps, beginning with the right foot. Count 2 on the right and 3 on the left. Left foot should be in back. See diagram.



e. Retain the above position, stand on ball of *left foot, turn half way around to the right again, bringing the right foot in front of the left.* As you do this Count 1.

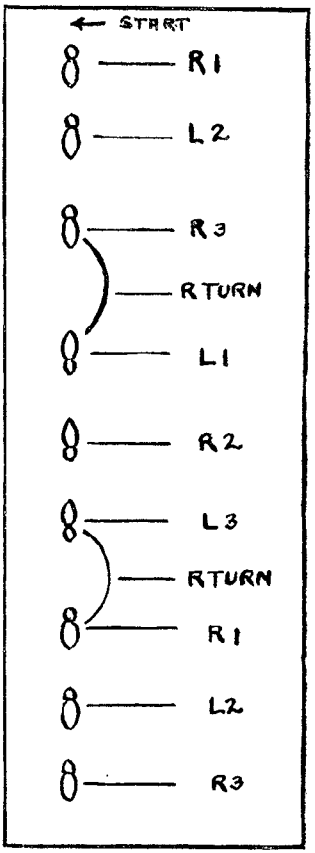


f. Next walk forward two more steps, beginning with the left foot. Count 2 on the left and 3 on the right This is really repeating the first three steps. Right foot should now be in front of you.



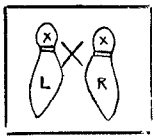
g. It takes 3 counts each time to do this step. Repeat, entire length of room. Always turn after you take the third step. Count 1-2-3, 1-2-3, 1-2-3, etc., as you do this step, down the room.

Diagram of Right Turn in the One-step.



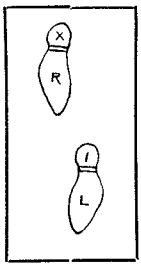
Exercise No. 3—The Left Pivot.

a. First cross the right foot in back of the left, just as it is done in the drag step on the sixth count.

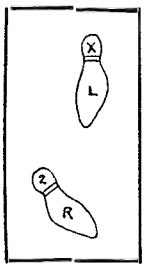


b. From the above position you start the left pivot.

c. Take one step forward with the left foot. Count 1.

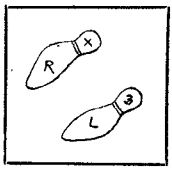


d. Move the right foot and place it one step in front of the left foot in a hooked position—accomplished by just twisting the ankle. Count 2.

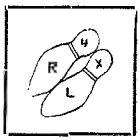


e. In doing the next step care must be taken to have the feet in the exact position as shown in the diagram.

f. Stand on the ball of the right foot, swing the left foot around in back of you toward the left, turning the body at the same time to the left, thereby executing nearly a complete left turn. Feet apart, Count 3.



g. Next bring the right foot alongside of the left, toe to toe, and heel to heel. Count 4. It takes four counts to do this step, 1-2-3-4.



h. Repeat exercise by starting again as explained under (a).

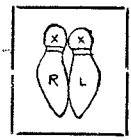
The Beginning of the Onestep Dance—Assembled

PRACTICE VERY SLOWLY

Time ¾ Medium or March Time

LESSON NO. 1—THE DRAG.

a. Stand at one end of the room, feet together, toe to toe, and heel to heel. Stand near wall to your right.



b. Walk forward five steps, crossing feet on Count 6, as explained before.

c. From this position do a second drag. So far you have done two sixes.

LESSON NO. 2—THE LEFT PIVOT.

a. After the second six, feet should be crossed. Retain that position and start the Left Pivot 1-2-3-4, feet together on 4. Do only one left pivot.

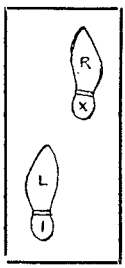
LESSON NO. 3—FOUR WALKING STEPS.

a. After you have finished the left pivot, walk slant forward to the right four ordinary steps, beginning with the left foot, because you moved the right foot last on the completion of the left pivot. The rule in dancing is never to move the same foot twice in succession.

b. This should leave the right foot forward on Count 4.

LESSON NO. 4—THE RIGHT TURN.

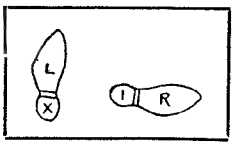
a. Stand on the ball of the right foot, turn half way around to the right, bringing the left foot in back of the right, as previously explained in Exercise 2 (c). —you should now be facing in the opposite direction.



b. Call that Count 1—walk backward two steps, Count 2 on the right foot and Count 3 on the left foot.

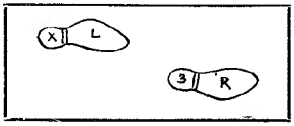
c. So far you have done 2 drags, a left pivot, 4 walking steps, a half turn to the right, and then performed one-third of the right turn.

d. On the last step the left foot should be in back of the right. Stand on the ball of the left foot—make a *quarter* turn to the right, placing the right foot on the floor one step in front of you. Count 1.

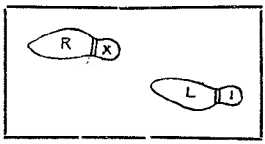


e. Walk forward two more steps across the room. Counts 2 and 3. Count 1 above, on the right foot—count 2 on the left foot and count 3 on the right foot.

f Right foot should now be in front.

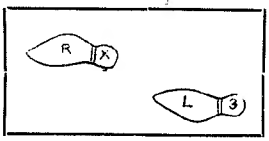


g. Stand on ball of right foot, turn half way around to right and place the left foot in back of the right. Count 1.



h. Walk backward two more steps directly across the room. Counts 2 and 3. Count 1 on the left foot, count 2 on the right foot and count 3 on the left foot.

i Left foot should now be in back of the right.

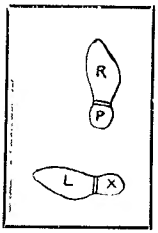


j. So far, after the four walking steps forward, you have done 3 threes of the right turn, namely 3 walking steps backward down the room, 3 walking steps forward across the room, and 3 walking steps backward across the room.

k. After you have completed the third three of the right turn you will have moved your left foot last, and this foot should be in back of the right.

LESSON NO. 5—THE POINT STEP OR POSITION STEP.

a. Make a quarter turn toward the right with the right foot by placing the right foot one step in front of you and turning the body in the same direction.



b. The point step or position step does not receive a number—so whenever you use it you simply say point or position. It is termed a point step or position step because it places you in any position that you care to point or place your right foot. After you have done the point step—if you have followed the instructions carefully—you should be facing up the room.

c. Start the dance again from where you are, this time doing the drag step up the room, following the order of the steps according to the lessons given.

REMARKS:

The student is advised to adhere strictly to the routine herein given, though after he has learned to lead and can do and count the various steps correctly, he may dance them in whatever order he chooses.

Study each lesson very slowly—work out and understand one lesson thoroughly before proceeding to the next.

Explanation of abbreviations:

L. P.—Left pivot.
1/3 R. T.—First 3 of the right turn.
2/3 R. T.—Second 3 of the right turn.
3/3 R. T.—Third 3 of the right turn.
P. S.—Point Step.

The following is an outline of the entire one-step:

1. Drag Step.
2. Drag Step.
3. Left pivot.
4. Four Walking Steps.
5. First 3 Right Turn.
6. Second 3 Right Turn.
7. Third 3 Right Turn.
8 Point Step.
9. Repeat Drag Step.

FINIS.

Diagram of

Entire Operation of One Step